



**Volunteers  
needed  
to bring  
people  
together**

**Befriending isn't the only way to help reduce loneliness. Our Flexercise Volunteers bring isolated older people together for very sociable & fun gentle activity sessions.**

**If you can spare a couple of hours a week and have a good sense of humour, we need you!**

**Volunteers needed all across Somerset & North Somerset**  
No experience is necessary & expenses are paid.

For more information please call  
Age UK Somerset on

**01823 345627**

email: [volunteers@ageuksomerset.org.uk](mailto:volunteers@ageuksomerset.org.uk)  
visit our website: [www.ageuksomerset.org.uk](http://www.ageuksomerset.org.uk)



ageing  
well  
*ling years to life -  
Adding life to years*